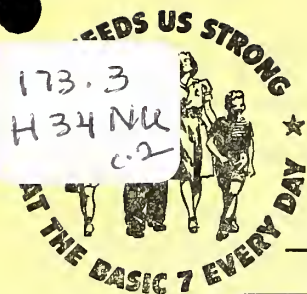


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# NUTRITION

U. S. DEPARTMENT OF AGRICULTURE

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## News Letter

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### UNESCO "FOOD AND PEOPLE" CAMPAIGN

Many national, State, and local organizations, as well as schools and universities, are enlisting in a nation-wide education campaign on the problems of Food and People. The program is part of an international campaign launched by UNESCO (United Nations Educational, Scientific, and Cultural Organization) in the belief that an informed public throughout the world is necessary if an answer is to be found to the problems resulting from the rapidly increasing world population—not yet matched by increased food production. The Food and People campaign was opened in the United States by the U. S. National Commission for UNESCO at a meeting in Washington April 13 to 15.

Sir Herbert Broadley, Deputy Director General of FAO (United Nations Food and Agriculture Organization), praised the joint approach of FAO and UNESCO to a world problem. He declared that while the papers are full of reports of hunger in many places, "we in FAO can and do contemplate a world with enough food for everybody—even for those steadily increasing millions which year by year add to the world's total population."

Several speakers stressed the impact that vigorous technical assistance programs can make "over the long pull" toward helping people in underdeveloped areas grow food to help themselves.

George D. Stoddard, president of the University of Illinois and chairman of the Commission, cited unsolved surpluses as a reason for Americans to embark on this educational campaign. "Accumulating stocks of food are not alone the farmers' problem; they are a challenge to the distributor, the economist, and to all others as well."

Voicing the belief that the future of our democratic way of life is closely

related to the ability to raise standards of living in many nations, M. L. Wilson, director of Extension Work in USDA, reported some Food and People activities in other nations—including special courses in three Italian universities, public symposiums and debates in New Zealand and Chile, and a campaign in Great Britain.

The aims of Food and People discussions were summarized by C. J. McLanahan, member of the Commission and educational director of the Cooperative League of the U. S., as—

- ..Arouse the people of the United States to a "general awareness of the problem";
- ..Inform "as many as possible on specific aspects so that they will act intelligently in supporting their representatives (1) in formulating programs that meet the needs of the modern world, (2) in working out trade agreements to solve international trade problems and (3) in establishing agricultural policies that are adequate to cope with the twin problems of abundance and scarcity";
- ..Arouse people generally "to a full support of Point Four" because it promises in its development "to carry many of the solutions to this problem of inadequate food supply."

Food and People, a 4-page fact sheet, was sent you with the April NNL. A copy of the booklet, U. S. Agriculture in the World Food Situation, and the Food and People Discussion Guide are enclosed together with two lists giving information on the materials available and how and where they may be obtained.

These materials were prepared for use by organizations and communities to stimulate discussion. Some phase of this subject is vital to every group, large or small. Nutrition committees can play an important part in helping to interpret facts for local groups and to create an understanding and intelligent point of view among citizens.



### CALIFORNIA, IOWA, AND GEORGIA COMMITTEES REORGANIZE

Three State Nutrition Committees have recently reorganized. Each group is planning a permanent organization and a long-time program.

The California Interagency Nutrition Committee is made up of representatives of all State departments having a food and nutrition program, according to Chairman Helen E. Walsh. The committee has two active subcommittees—the Subcommittee on Criteria for an Adequate Ration is developing recommendations for use in State programs and the Subcommittee on Standards for Foods is studying specifications for foods with special attention to their nutritive contribution in relation to grade and cost.

The Iowa Nutrition Council has organized standing committees on membership, policies and procedures, and program planning. It is considering giving special attention to school lunch programs, coordination of nutrition education of different agencies, improved sanitation of public eating places, and publicizing nutrition activities in the State, as well as to an educational program to improve food habits.

Mrs. Helen N. Lovell, the chairman, writes that the Council is made up of persons with special nutrition interests and that possibly a nutrition committee with a large representation of lay groups will be organized later.

The Georgia Nutrition Council invites any Georgian interested in food and nutrition to become a member. The Council evolved from the former State Nutrition Committee which initiated the reorganization. Through the Council, persons actively engaged in education and research in foods and nutrition, as well as in producing, processing, and serving food, meet and combine and share their efforts, knowledge, and experience to attain the common objective—better foods for better nutrition of the people of Georgia.

Members have a choice of participating in the program of five special interest sections—community service, educational institutions, food service, research, and food production and preservation. Mutual interests and enthusiasms should furnish the foundation necessary for a successful

active association, the Council chairman, Dr. Mary Spiers, says.

The new constitution provides for the usual officers and an executive committee which is responsible for meetings of the Council, acts for the Council when not in session, and serves as an advisory or consulting board on matters concerning food and nutrition in Georgia. Activities are financed by annual dues of \$2.

### VOLUNTEERS IN CALIFORNIA DEMONSTRATE HOW TO USE DRY MILK AND DRIED EGGS

The California Interagency Nutrition Committee discussed at its February meeting the nutrition implications of the agricultural workers unemployment problems in the San Joaquin Valley and the adequacy of the surplus food items—dry milk, dried eggs, potatoes, apples, and honey—made available to the families of the workers, according to Chairman Helen E. Walsh.

In order to secure maximum use of the dry milk and dried eggs the home adviser from the Agricultural Extension Service and nutritionists from the State Department of Public Health trained 200 volunteers in the lower San Joaquin Valley, who were recruited to demonstrate the use of dried eggs and dry milk at the food distribution centers. Over 300 demonstrations were given by the volunteers in 32 food distribution centers.

Information about foods available without cost at storage points for use by needy persons can be obtained from PMA Area offices located at—

641 Washington St., New York 14, N. Y.  
623 South Wabash Ave., Chicago 5, Ill.  
30 Van Ness Ave., San Francisco 2, Calif.  
101 Norman Bldg., Dallas 2, Tex.  
449 W. Peachtree St., NE., Atlanta 3, Ga.

### CONNECTICUT STUDYING NUTRITION IN SCHOOLS

Nutrition in schools is receiving considerable attention from the Connecticut Nutrition Council.

Its Committee on Nutrition of the School Child sent to public schools a double post card asking about sales of soft drinks and candy. From 750 cards sent, 579 replies were received. Of the schools reporting, 85 percent sell no soft drinks and 71.5 percent sell no candy at all; only 4 percent reported

## LOCAL COMMITTEES

regular sales of soft drinks and 12 percent of candy.

The Council's Committee on Colleges and Universities is gathering information regarding the teaching of nutrition. Letters sent Commissioners or Superintendents of Education in all States of the Union asked (1) what is being done in State teachers colleges to teach nutrition itself and to show prospective teachers how to teach nutrition; (2) what program, if any, they have for teaching nutrition in elementary schools; and (3) what part do observations and tests of nutritional status play in the physical examination of school children. The Council is planning to include in its annual report the information received.

### SCHOOL LUNCH AND GOOD BREAKFASTS IN WEST VIRGINIA

The School Lunch Subcommittee reported at the West Virginia Nutrition Committee meeting that—

..School Lunch has been a community-strengthening device and a school lunch council should take an active part in the community, the McDowell County superintendent of schools said.

..Thirty elementary teachers participated wholeheartedly in the Nutrition in School and Home Class at Marshall College and carried much enthusiasm back to their counties.

..The fine job done on a good breakfast program in Wyoming County in first and second grades was reported in the March School Journal.

..A nutrition course for football players and home economics majors was held at Glenville State College.

..A summer course for teachers demonstrated various methods to use in teaching nutrition in different grades.

..A committee of home economics teachers and school administrators meet each year to help standardize the teaching of nutrition in colleges to facilitate transfer of credits.

..Fairmont State College sends students into the field to gain experience in school lunch kitchens.

#### Good Breakfast activities reported—

..Farm Women's Clubs are still working on good breakfasts and school lunches.

..The Nutrition Committee is to have the breakfast program at the State Home Economics Association meeting.

..The Committee is continuing to get requests for the Good Breakfast book, including one request from Belgium through the Red Cross.

..The Good Breakfast Program carried on by the State Nutrition Committee (November 1948 NNL) has borne such good results that the Merit System Service of the American Public Health Association asked for questions on community organization to use in examinations for personnel. This Service prepares examinations for use by State and local agencies in selecting personnel.

### CHICAGO REACHES VARIOUS GROUPS THROUGH MEETINGS

One of the ways the Chicago Nutrition Association carries on its work is through arranging meetings for different groups.

..Professional groups having interests related to nutrition were invited to hear a talk on Isotopes in Iron Metabolism by Dr. Carl V. Moore of the Washington University School of Medicine.

..At the members' luncheon meeting, Dr. Agnes Fay Morgan of the University of California spoke on Utilization of Carotene and Vitamin A in Pregnancy and Hyperthyroidism.

..A meeting for homemakers was sponsored jointly with the Illinois Federated Women's Clubs, the Parent-Teachers Association, and the Chicago Home Economics In Business group.

..Teachers of home economics, general science, physical education, and household arts in both the elementary and secondary schools were invited to a meeting arranged by the Schools Committee of the Association to hear nutrition teaching discussed by leading science teachers. New films on nutrition were shown and printed materials displayed. The Schools Committee has prepared a bibliography of nutrition material for elementary school teachers and is planning another to cover secondary level material.

..The School Lunch Committee has held two school lunch conferences. At the first the 62 school lunch workers heard discussions on food utilization, commodity storage, menus using Government-donated foods, and effective distribution of commodities available. The second was devoted to a demonstration emphasizing use of dried eggs and milk.



..Home economics and dietetics students heard a talk on desirable training and opportunities for positions in the public health field at a meeting sponsored by the Association. An original skit to acquaint students with the nature of nutrition work in the social welfare and public health field was presented also.

#### LOUISVILLE (KY.) ARRANGES LECTURES AND NUTRITION COURSES

The Louisville Nutrition Committee has been active for years and this small group of key people has contributed much toward increased knowledge of nutrition in the community, Chairman Emily Bennett writes.

This year the Committee secured Dr. Carl V. Moore of the Washington University Medical School to lecture on nutritional anemias, the Committee paying all necessary expenses. His talk, illustrated by slides, was heard by 200 people and served to increase interest in the relation of nutrition to general health. While in the city Dr. Moore also talked to medical students at the University of Louisville.

For several years, the Committee has arranged 6-hour refresher courses in nutrition, bringing in such speakers as Dr. E. Neige Todhunter of the University of Alabama, Dr. Janice Smith from the University of Illinois, and Mrs. Ernestine Becker McCollum of Johns Hopkins University. A charge of \$4 covered all expenses for the speaker and an honorarium.

The audience was composed of public health nurses, dietitians, home economics teachers, lunchroom personnel, doctors, medical students, nutritionists, food editors, health supervisors, and others interested in nutrition. Subsequent publicity through the newspapers helped to interpret the subject matter to the public. Each speaker furnished a complete bibliography which was distributed to those attending the refresher courses. Frequent displays of books and pamphlets on nutrition serve as a further incentive to keep up to date in nutrition research.

A course in nutrition for elementary teachers was arranged one year by the Committee in collaboration with the Home Economics Department at the University of Louisville.

#### LARGE QUANTITY RECIPES AVAILABLE

Do you need tested recipes in quantities serving 25, 50, or 100? The Bureau of Human Nutrition and Home Economics' new institutional cookery laboratory is working on recipes for restaurants, hotels, hospitals (general food service), college residence halls, and other institutions serving food. Thus it supplements the work on school lunch recipes which are developed for school food service and conform to requirements of the type A lunch for children.

Acceptability of the product, ease of preparation, and use of plentiful foods are the Bureau's criteria for recipes released. The project was set up under the Research and Marketing Act to aid in the effective use of agricultural commodities; thus far recipes using potatoes, pork, turkey, canned peaches, and apples have been developed.

Tests by a panel of food specialists and by cooperating restaurant owners who are members of Restaurant Association Testing Committees help to insure the acceptability and practicability of the recipe.

These large quantity recipes will be released from time to time as "Recipes for Quantity Service." If you want copies, write the Bureau of Human Nutrition and Home Economics, USDA, Washington 25, D. C., and ask to be put on the mailing list.

#### Correction

In the May NNL, in the first paragraph on page 1, the Office of Education should have been included in the list of agencies preparing the nutrition report for the Midcentury White House Conference on Children and Youth. The Office of Education is responsible for those parts dealing with nutrition education programs.